





Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div>1</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>8:40 Cholesterol Tests (appt)</div> <div>9:00 Canasta</div> <div>10:00 Bingo!</div> <div>10:00 Current Events</div> <div>12:30-2:30 Medicare Counseling (appt.)</div> <div>1:00 Pinochle & Canasta</div> <div>1:00 Mah Jongg</div> <div>1:00 Dining Room Setup</div> <div>Volunteer Tea</div> <div>3:00 Volunteer Appreciation Tea</div> <div>3:00 Yoga with May Chen</div> <div>7:00 Woodcarvers</div>	<div>2</div> <div>8:30 Senior Fitness</div> <div>9:00 Chinese Club (fee)</div> <div>9:00 Chinese Counseling and Information</div> <div>9:30 Senior Fitness</div> <div>10 – 3 B.P. Screening</div> <div>10:30 Yoga/Stretch</div> <div>11:30 ECHO Housing, Reverse Mortgage Counseling</div> <div>1:00 Chess & Games</div> <div>2:00 Sr. Center Singers</div> <div>2:30 Dance, “Young at Heart” band (\$4)</div>	<div>3</div> <div>9:30-3 Washington on Wheels</div> <div>8:15-12 AARP Driver Safety Class (must register, fee)</div> <div>8:30 Walkers</div> <div>9:00 Pinochle, Canasta</div> <div>9:00 Card games</div> <div>10:00 Bridge</div> <div>12:30 Bay Strings Practice</div> <div>1:00 Pinochle & Canasta</div> <div>1:30 Needlecrafts</div> <div>3:00 Tai Chi</div>
<div>6</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>8:30 Quilters</div> <div>10:00 Bingo!</div> <div>10:00 Harmonica (Carlton Plaza)</div> <div>12:30 Beg Spanish</div> <div>12:30 Games</div> <div>12:45 Healthy Lifestyles</div> <div>1:00 Painting Class</div> <div>1:45 Interm Spanish</div> <div>3:15 Adv Spanish (fee)</div> <div>6-8:30 Caregivers Support</div>	<div>7</div> <div>8:00 Meditation</div> <div>8:30 Senior Fitness</div> <div>8:45 Yoga/Stretch</div> <div>9:00 Softball Practice fld 2</div> <div>9:30 Senior Fitness</div> <div>9 -12 B. P. Screening</div> <div>9-3 Deaf Seniors–Com.C.</div> <div>11:00 Fremont Paratransit Info & Registration</div> <div>12:00 Holiday Paella Lunch</div> <div>12:45 Los Amigos</div> <div>12:45 Crafts</div> <div>1:00 Bridge</div> <div>1:45 Fremontaires</div> <div>3:00 Tai Chi (Beg)</div> <div>4:00 Tai Chi (Adv)</div>	<div>8</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>9:00 Canasta</div> <div>9:30 Band Practice</div> <div>10:00 Current Events: Area Agency on Aging “Focus Group on Housing” public is invited</div> <div>1-5 Afghan Women</div> <div>1:00 Pinochle & Canasta</div> <div>1:00 Mah Jongg</div> <div>1:30 NARFE Board Meet. at Boathouse</div> <div>1:30 Afghan Women</div> <div>7:00 Woodcarvers</div>	<div>9 Jackson Casino Trip & Culinary Academy & Holiday Lights in SF</div> <div>8:30 Senior Fitness</div> <div>9:00 Chinese Club (fee)</div> <div>9:00 Chinese Counseling and Information</div> <div>9:30 Senior Fitness</div> <div>10– 3 B.P. Screening</div> <div>10:30 Yoga/Stretch</div> <div>1:00 Chess & Games</div> <div>2:00 Sr. Center Singers</div> <div>2:30 Dance, “Young at Heart” Band (\$4)</div>	<div>10</div> <div>8:15-12 AARP Driver Safety Class (must register, fee)</div> <div>8:30 Walkers</div> <div>9:00 Pinochle/Canasta</div> <div>9:00 Card Games</div> <div>10:00 Bridge</div> <div>1:00 Pinochle & Canasta</div> <div>1:30 Birthday Party! Entertainment by The Senior Center Singers & Mission San Jose High School Choir</div> <div>1:30 Needlecrafts</div> <div>3:00 Tai Chi</div> <div>3:30 Russian Club</div>
<div>13</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>8:30 Quilters</div> <div>9:00 Medicare Counseling (appt)</div> <div>10:00 Harmonica (Carlton Plaza)</div> <div>11:00 AARP Social Time</div> <div>1:00 AARP Business Mtg</div> <div>12:30 Beg Spanish</div> <div>12:30 Games</div> <div>12:45 Healthy Lifestyles</div> <div>1:00 East Bay Paratransit Coupon Exchange & Fares Information</div> <div>1-4 Footcare-Tri-City-appt</div> <div>1:00 Painting Class</div> <div>1:45 Interm Spanish</div> <div>3:15 Adv Spanish (fee)</div>	<div>14</div> <div>8:00 Meditation</div> <div>8:30 Senior Fitness</div> <div>8:45 Yoga/Stretch</div> <div>9:00 Softball Practice fld 2</div> <div>9:30 Senior Fitness</div> <div>9 -12 B. P. Screening</div> <div>9-3 Deaf Seniors–Com.C.</div> <div>10:30 Indo-American Seniors</div> <div>11:00 Fremont Paratransit Info & Registration</div> <div>1:00 Speaker: Gene Osofsky, Atty, Living Trusts</div> <div>12:45 Crafts</div> <div>1:00 Bridge</div> <div>1:45 Fremontaires</div> <div>3:00 Tai Chi (Beg)</div> <div>3:00 East Indian Seniors</div> <div>4:00 Tai Chi (Adv)</div>	<div>15</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>9:00 Canasta</div> <div>10:00 Bingo!</div> <div>10:00 Current Events</div> <div>12:30-2:30 Medicare Counseling (appt)</div> <div>1:00 Pinochle & Canasta</div> <div>1:00 Mah Jongg</div> <div>3:00 Yoga with May Chen</div> <div>7:00 Woodcarvers</div>	<div>16 Culinary Academy & Holiday Lights in SF</div> <div>8:30 Senior Fitness</div> <div>9:00 Chinese Club (fee)</div> <div>9:00 Chinese Counseling and Information</div> <div>9:30 Senior Fitness</div> <div>10– 3 B.P. Screening</div> <div>10:30 Yoga/Stretch</div> <div>1:00 Chess & Games</div> <div>2:00 Sr. Center Singers</div> <div>2:30 Dance, “Young at Heart” Band (\$4)</div>	<div>17</div> <div>8:30 Walkers</div> <div>9:00 Pinochle/ Canasta</div> <div>9:00 Card Games</div> <div>10:00 Bridge</div> <div>12:30 Bay Strings Practice</div> <div>1:00 Pinochle & Canasta</div> <div>1:30 Needlecrafts</div> <div>3:00 Tai Chi</div>
<div>20</div> <div>9:00 Grandparents & Grandchildrens Breakfast with Prince of Peace Hand Bell Choir & Santa Clause</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>8:30 Quilters</div> <div>10:00 Bingo!</div> <div>10:00 Harmonica (Carlton Plaza)</div> <div>12:30 Beg Spanish</div> <div>12:30 Games</div> <div>12:45 Healthy Lifestyles</div> <div>1:00 Painting Class</div> <div>1:45 Interm Spanish</div> <div>3:15 Adv Spanish (fee)</div>	<div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>Senior Center is closed for Holiday Break & will reopen on Monday, January 3, 2005</div> <div></div>			
<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div>
<div>Seasons Greetings</div>				